

SIGN UP FOR OUR DECEMBER 3RD HOLIDAY CELEBRATION AT LAKEVIEW PAVILION

It's time to start thinking about the upcoming holiday season! Mark your calendar for Thursday, December 3rd for our annual Holiday Celebration to be held at the new Lakeview Pavilion in Foxborough. DJ Dave Valerio will be providing our entertainment of music and fun to help get us all into the holiday spirit. We should arrive at the restaurant around 12:30 p.m. and lunch will be served at 1:00 p.m. The menu will include your choice of Chicken Veloute which is baked chicken with cornbread stuffing and veloute cream sauce, or Baked Scrod encrusted with seasoned bread crumbs and lemon cream sauce. All meals will include the Chef's Choice of seasonal vegetables, hot rolls and butter, vanilla ice cream with strawberry or chocolate sauce and whipped cream, coffee or tea. There will be a cash bar open from noon to 3:00 p.m. The VanGo will be available for the transportation of our regular van riders. The cost for this event is \$23 per person and payment will be due on or before Friday, November 6th. This event is for Foxborough residents only. Sign up for our Holiday Celebration by calling the senior center at 508-543-1252 beginning at 8:00 a.m. on Wednesday, October 14th.

Monday, October 12

Office Closed

Columbus Day Holiday

Tuesday, October 13

Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

Nutrition 11:00 a.m.

Classic Movie Day – “The Magnificent Ambersons” 12:30 p.m.

Shaws 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, October 14

Sign up for Holiday Celebration

Strength Training 8:30 a.m.

Jack Craig Music Program 10:00 a.m.

NO Chorus today

Zumba Gold 11:30 a.m.

Van Trip to Job Lot 1:00 p.m.

Country Line Dancing 2:00 p.m.

Mindful Movement and Meditation at the Ahern 4:30 p.m.

Thursday, October 15

Men's Breakfast 9:00 a.m.

A Matter of Balance 10:00 a.m.

SHINE by appointment 10:00 a.m.

Travel Independence with Low Vision 1:00 p.m.

Medicare Update with Peg McDonough 2:00 p.m.

Friday, October 16

Stop & Shop 8:30 p.m.

Aerobic Exercises 9:00 a.m.

Cribbage 10:15 a.m.

Card Making Class 10:30 a.m.

FLU SHOT INFORMATION

Although the Town of Foxborough is NOT holding public flu clinics this year, it is still very important for people to get vaccinated against influenza yearly. The CDC recommends ALL people, ages 6 months and older, get vaccinated for flu, but especially the elderly, children and any persons with chronic health problems.

Flu vaccine is readily available at doctors' offices and pharmacies, and many other retail stores such as supermarkets and department stores. In addition, the Board of Health nurse can provide a flu shot to any uninsured people or homebound people who live in Foxborough. Appointments can be made by calling Maureen Cardarelli at 508-222-0118, extension 1367.

SPECIAL PROGRAMS

FALL LUNCHEON AT RAFFAEL'S

Every year, Walpole Co-operative Bank and Norfolk County Councils on Aging celebrate fall with an annual fall luncheon. We enjoy a light lunch, lots of great information focused on issues of the day, raffles and door prizes throughout the day, and good company. All of this is offered at no cost. This year's luncheon will be held on Thursday, October 22nd, at Raffael's at 1601 Main Street in Walpole. The doors will not open to the public until 11:30 a.m. and lunch will be served promptly at noon. **Tickets are required** at the door on the day of the event. There will be a limited number of tickets available at the senior center on a first come, first serve basis during the week of October 12th.

MEN'S BREAKFAST

The next Men's Breakfast will be held on Thursday, October 15th at 9:00 a.m. Our guest speaker this month will be Foxborough Fire Chief Roger Hatfield. Chief Hatfield will be here to give us updates on the Fire Department, give us tips on emergency preparedness and answer any of your questions. The cost for the breakfast is \$3 and if you would like to attend please call the senior center at 508-543-1252 by Monday, October 12th. As always, everyone is welcome to join us for the speaking portion of the program at no cost after breakfast has been served.

JACK CRAIG'S MUSIC – WITH CLASS!

Jack Craig will be back at the senior center once again for 3 programs starting at 10:00 a.m. on the following Wednesdays: October 14th, 21st and 28th. On October 14th, his program will be "Country and Western – Early Songs and Singing Stars." From the early "Hillbilly" hits of the 20's and 30's, on to the "Cowboy and Cowgirl" singers of the 40's and 50's, and up to the country stars of the late 50's – the songs, writers and performers included in this program tell the first part of the history of country music of the USA. *Tumbling Tumbleweeds*, *Back in the Saddle Again*, *Tennessee Waltz*, *I Walk the Line*, *I Can't Stop Loving You*, and *Crazy* are just a few of the story-telling titles included. Eddy Arnold, Gene Autry, Hank Williams, Kitty Wells and Ray Price are just a sample of the highlighted performers. Then on October 21st, Jack will be presenting "Smile-in' Songs!" From *A Certain Smile*, to *You're Never Fully Dressed Without A Smile*, every song in this program will contain at least one smile. So – "put a smile on your face for the whole human race" as we celebrate a simple change of facial expression. And finally on October 28th, Jack will be entertaining us with "Favorite Latin American Songs." Latin music has long influenced American popular songs. From the "havanera" bridge to "St. Louis Woman", through the Latin dance songs of the big bands, with "Granada" from Spain, to "The Girl From Ipanema" era of the 1960's – the rich rhythms of Latin music have experienced ever-increasing popularity. In this program, we will be singing about two dozen of those classic Spanish and Latin American hits. If you'd like us to save you a seat for some or all of these programs, please call the senior center to sign up at 508-543-1252.

TRAVEL INDEPENDENCE WITH LOW VISION

Cindy Curran, Certified Orientation Mobility Specialist (COMS) with the Massachusetts Commission for the Blind, will be at the senior center on Thursday, October 15th at 1:00 p.m. to present a program on travel independence for those with low vision. Cindy will demonstrate use of the white cane, sun glasses and other equipment available for those who have low vision issues. Join us for this informative program if you are living with low vision, or know someone who is, and would like to feel more secure and independent when traveling. Please call the senior center at 508-543-1252 to sign up and we will save you a seat.

EMERGENCY PREPAREDNESS

The Foxborough Council on Aging and Human Services is gathering pertinent data from people with critical needs in Foxborough who would like to be entered into the Public Safety database to be contacted in the event of a town-wide emergency. We are making every effort to reach all Foxborough residents who want to be identified as needing assistance in case of a town-wide evacuation or emergency. We particularly want to include those who are most vulnerable during an emergency. Forms are available at the Foxborough Senior Center. To request assistance or arrange for a home visit, call 508-543-1252 to speak with our Human Services staff.

ONE MIND, ONE BREATH- MINDFULNESS AND MEDITATION

The Foxborough Council on Aging and Human Services is sponsoring a free 6-week mindful movement and meditation workshop. The workshops will be led by Dr. Sang Kim and will be held every Wednesday through November 4th from 4:30 to 5:30 p.m. in the gym at the John J. Ahern Middle School, 111 Mechanic Street. Dr. Kim is recognized as a top martial arts master by his home country of South Korea. He has been practicing martial arts for over 52 years and has written over 25 books on martial arts. This 6-week program is called “MBX-12” and consists of 12 movements that combine meditation, mindfulness, deep breathing and stretching which draws from Dr. Kim’s martial arts training and life experience. At these workshops you will learn: deep breathing techniques for calming the mind and boosting your energy level; gentle stretching exercises to invigorate your internal energy flow, and; ways to promote daily mindfulness, cope with stressful events and create peaceful moments for yourself. This 6-week program is free and open to Foxborough adults of all ages. Space is limited so if you’d like to take part in these workshops to reduce stress and boost your energy level, please register by calling the senior center at 508-543-1252. The workshop has already begun, but you can still join us for the remaining sessions. This program is made possible by donations to the Foxborough Council on Aging and Human Services.

TABLE TOP GARDENERS

The next meeting of the Table Top Gardeners will be held on Tuesday, October 13th at 9:45 a.m. We have beautiful table gardens that were constructed for the senior center by Foxborough Rotary Club/Invensys volunteers and the Foxborough Highway Department. Everyone is welcome and new members are always encouraged to join us. Just give us a call at 508-543-1252 if you’re interested in taking part in this fun group. Also, the Garden Club has made some beautiful gardening boxes that would make great gifts. These boxes are on sale at the senior center for \$10 each, and the proceeds will go to the Garden Club.

MEDICARE UPDATE WITH PEG MCDONOUGH

Peg McDonough, SHINE Program Regional Director, will be at the senior center on Thursday, October 15th at 2:00 p.m. to talk about the options available to beneficiaries for 2016 Medicare coverage. Every year the landscape of Medicare plans change. The open enrollment period from mid-October through December 7th provides beneficiaries the opportunity to review and choose coverage for the upcoming year. She will have information about health and prescription plans, and she will tell you about benefit programs that can help with costs for eligible Medicare beneficiaries. Be sure to get the information that you need in time to choose the coverage that you want. Don’t wait until it’s too late! Call the senior center at 508-543-1252 to let us know if you’ll be joining us.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch “Your Scene Your Center” on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On October 14th & 15th the featured program will be Paolo DiGregorios’s program on “The Bourbons of France.” All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

MEDICAL INFORMATION AND SERVICES

FREE DENTAL SCREENING

A free dental screening clinic for senior citizens will be held in Norwood on Saturday, October 17th from 8:45 a.m. to 1:00 p.m. at the Norwood Council on Aging, 275 Prospect St., Norwood. To schedule your free appointment at the screening clinic, call the Norwood council on Aging at 781-762-1201. Appointments are open to anyone aged sixty or over. As an added service to persons of all ages, the Norwood Health Department will host a flu clinic at the same location on October 17th from 9:00 a.m. to 11:00 a.m., no appointment necessary. Flu clinic participants are required to bring their health insurance cards. For more information about the Elder Dental Program or the upcoming screening clinic in Norwood, please call 781-769-3710.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, October 13th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of each month. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

MEDICARE OPEN ENROLLMENT

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: **it is important to review, understand and save this information.** During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL COUNSELING ON ALL Medicare and related health insurance programs. To make an appointment, please call the senior center at 508-543-1252.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for October 15th. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1252 to set up an appointment.

REGULARLY SCHEDULED GREETING CARD-MAKING CLASS

Come have some fun and learn the art of creating hand-crafted greeting cards at the senior center. Our volunteer instructor, Helen Rice, will be teaching a card-making class on Fridays from 10:30 a.m. to 12:00 noon. The fee is just \$1 per class and will cover your supplies and the instruction. This is your chance to create cards for all occasions or make some unique holiday cards with your own personal sentiments for the upcoming holiday season.

CLASSIC MOVIE DAY

The featured movie classic for the month of October will be "The Magnificent Ambersons" and is scheduled for Tuesday, October 6th at 12:30 p.m. This American period drama is the second feature film produced and directed by Orson Welles. The movie opens at Amberson Mansion, the most ostentatious dwelling in all of turn-of-the-century Indianapolis. Its mistress is the haughtily beautiful Isabel Amberson (Delores Costello). When Isabel's beau, erstwhile inventor Eugene Morgan (Joseph Cotton), inadvertently humiliates her in public, she breaks off the relationship and marries colorless Wilbur Minafer (Donald Dillaway). She has just one child, George Minafer (Tim Holt), and that one child is more than enough as far as the rest of Indianapolis is concerned. As the years pass, circumstances allow Isabel and Eugene to consider marriage once again, but George refuses to let his mother see Eugene. His imperious bullheadedness will lead to tragedy for all

concerned, and, at long last, a chastened George Minafer receives his comeuppance. Come join us and take in this classic movie with friends while you enjoy the comfort of the senior center. We'll make some fresh, hot popcorn for everyone. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. If you'd like to join us, please call 508-543-1252 to sign up.

AEROBICS

Our one hour aerobics class begins at 9:00 a.m. on Friday mornings. The exercises include stretching, aerobics, and hand-held weights. The class, led by YMCA instructor Joyce Collins, works on exercising the body from the neck to the ankles and is designed for all levels of ability. There is a \$2 charge for each class.

CHAIR YOGA CLASSES

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA-certified instructor Michelle Laller, and there is a \$2 charge for each session.

ZUMBA CLASSES

Zumba Gold classes are meeting twice a week in the senior center; on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and on Wednesday mornings from 11:30 a.m. to 12:30 p.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana "BB" Dimitrova, and have some fun while getting in shape. There is a \$2 charge for each class.

STRETCH AND BALANCE

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a "Stretch and Balance" class at the senior center. YMCA-certified instructor Joyce Collins leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels and there is a \$2 charge for each class. Come and give it a try!

STRENGTH TRAINING

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. YMCA-certified instructor Bobbie Rodman leads our class, and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

October 14 – Job Lot/Dollar Store

October 21 - Walmart

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, October 12

Columbus Day

No Meal Served

Tuesday, October 13

Beef Patty with Mushroom Gravy

Chick Pea Salad

Fall Blend Vegetables

Honey Wheat Bread

Pears

Calories 382

Sodium 595

Wednesday, October 14

Breaded Chicken Filet

Confetti rice

Zucchini & Tomato

Wheat Bread

Mixed Fruit

Calories 373

Sodium 702

Thursday, October 15

Meatloaf with Onion Gravy

Whipped Potato/Chives

Beets

Multigrain Roll

Ginger Bread

Calories 474

Sodium 506

Friday, October 16

Potato Pollack

Tartar Sauce

Au Gratin Potato

Summer Blend Vegetables

Whole Wheat Bread

Banana

Calories 467

Sodium 590